

Dress Right, Dress

AFI 36-2903, Table 2.2

Gloves or mittens must be black or gray, and earmuffs must be solid, dark blue, black or gray. Both articles must be worn with outer garments only. (Courtesy of the Spangdahlem AB First Sergeants Council)



News Briefs

Protest in Brussels

A public demonstration is scheduled to occur in Brussels, Belgium, Saturday regarding salary and manpower issues. The number of protestors could reach 1,500, and people are encouraged to avoid Brussels at this date. The march is expected to be peaceful, and local authorities will be on-hand to assist with the situation. For details, call the 52nd Fighter Wing Anti-Terrorism office at 452-6120.

Flu vaccines

While there is a nationwide shortage of 2004 flu vaccines, the 52nd Medical Group has received sufficient vaccine for the following TRICARE beneficiary priority groups:

- ♦ All children ages 6-23 months
- ♦ Adults 65-years-old or older
- ♦ People ages 2-64 with chronic medical conditions, including asthma or diabetes
- ♦ Children ages six months to 18 years on chronic aspirin therapy
- ♦ Women in their last six months of pregnancy
- ♦ Out-of-home caregivers and household contacts of children less than six months old

If people receive a letter for the flu shot, they must go to the immunization clinic with their letter. If people are not assigned to a primary care manager at the 52nd MDG, they should bring their identification card and a prescription from their physician requesting a flu vaccine and identifying what the risk category is. For details, call your primary care manager at 452-8333 or 06565-958333.

Air National Guard

The Massachusetts Air National Guard seeks Airmen who want to relocate to Massachusetts or who are looking to take advantage of force shaping. People do not have to be a state resident to use the free state college tuition program. Check out the higher education benefits at www.goang.com or visit www.bostonsearch.com/colleges.htm. For more information, e-mail Master Sgt. Deborah Shilaikis at recruiting@mabarn.ang.af.mil.

MDG training day

The 52nd Medical Group at Spangdahlem AB and the Bitburg Annex will close for training Jan. 6 from 7:30 a.m. to 4:30 p.m. Those in need of urgent care should go to the Bitburg Annex hospital emergency room for care.

Life 'Saver'

Find out how this NCO went above and beyond to make a difference in someone's life.

Read "Air traffic controller averts runway accident, wins award," on Page 4



Gen. Robert H. "Doc" Foglesong
Commander, U.S. Air Forces in Europe

You worked hard over the past year, selflessly dedicating yourself to the mission, not only in Europe, but

throughout the world. Be sure to take time over the holidays to enjoy the season and camaraderie of family and friends.

As the holidays approach, pause and reflect on your accomplishments as well as

Eifel Times

Vol. 38, Issue 46

Spangdahlem Air Base, Germany

Dec. 17, 2004



2nd Lt. Shannon Collins

Jingle bell rock

Blues Traveler front man John Popper and Senior Airman Angie Long, of the Band of the Air Force Reserve, perform a Christmas song during Operation Season's Greetings in the Skelton Memorial Fitness Center Saturday. Hundreds of Team Eifel members enjoyed Blues Traveler, the New England Patriots cheerleaders, the Band of the Air Force Reserve, the U.S. Air Forces in Europe Band and special holiday greetings from schools in Georgia, delivered by emcee Mary Therese Tebbe, a news reporter with an ABC-affiliate in Georgia. View more photos of the Operation Season's Greetings performances on Page 4.

Spang Airmen build bombs

Story and photo by
Staff Sgt. Jennifer Lindsey
455th Expeditionary Operations Group
Public Affairs

BAGRAM AIR BASE, Afghanistan -- Building up flares and guided bombs is all in a day's work for ammunitions troops here, as it is for conventional munitions technicians throughout the region.

Being assigned to the 455th Expeditionary Aircraft Maintenance Squadron ammunitions unit is about keeping the munitions supply lines flowing, officials said. Ammo Airmen work around the clock daily to keep the A-10 Thunderbolt IIs here stocked with the powerful payload that convinces insurgents to think twice about attacking U.S. and coalition ground troops.

Working such real-world missions with about half the manning ammo units typically function with at home station means they must work twice as hard.

"Every person here counts for two people, and each of us must think ahead to maintain a clean safety record and stay ahead of demands," said Senior Master Sgt. Patrick Adams, 52nd Equipment Maintenance Squadron unit superintendent, currently deployed.

What makes being deployed here special is that there is a high sense of purpose, said Tech. Sgt. David Hamilton, conventional munitions crew member.

"Back at home, Airmen are assigned to specific shops, but here, troops experience all aspects of the job," said the Airman, deployed from Naval Air Station Joint Reserve Base New Orleans. "We also have a higher sense of purpose. At home, we practice doing what we actually execute as part of the daily mission here."

Accuracy is the highest calling for ammo units. Maintaining 100 percent accountability of every munition is not optional -- it is mandatory. Following instructions down to the most minute detail is one step in minimizing collateral damage when pilots must pull the trigger, Sergeant Hamilton said.

"We check and re-check every munition to ensure that it will land on target," he said. "When we see an A-10 return without its bombs, it's pretty cool because we know it was used for a good purpose."

At times it gets tough, especially when the monotony takes hold, but thinking about family and their support helps ammo troops stay on target themselves, said Airman 1st Class Daniel Sewell, 52nd EMS munitions support equipment maintenance crew member, currently deployed.



Senior Airman Alton Bearden, 52nd Equipment Maintenance Squadron conventional maintenance crew member, currently deployed downrange, inspects rocket motor igniters for holes in the aluminum foil covering. Sometimes they get punctured during handling.

"(My job) isn't glamorous, but it's important -- without ammo, (Bagram) would just be an airport," he said.

A special holiday season

the sacrifices, you and your family have made. I'm proud of your superb courage and selflessness which never cease to amaze me. Your hard work is making an enormous difference around the world as we build a better future for all. Without dedicated folks like you, we would not be the world's most respected and feared Air Force.

As you celebrate the holidays, don't lose

focus on your fellow Wingmen who may be spending the season away from their loved ones. Reach out and include them in your holiday activities.

Remember, whether deployed or at home station, you're an important part of our USAFE family. Thanks for all you do! Mary and I wish you and your family a safe and happy holiday season.

Wing lauds new airman leadership school grads

Staff Reports

Senior Airman Dominic Cirincione, 52nd Security Forces Squadron, received top honors from Pitsenbarger Airman Leadership School class 05-2. During the Wednesday graduation ceremony, Airman Cirincione received the John L. Levitow award. **Senior Airman Deborah Fisher**, 52nd Services Squadron, received the academic achievement award. **Airman Cirincione** received the leadership award. Distinguished graduates were **Senior Airmen Eric Argentieri**, 52nd SFS; **Airman Fisher**; **Angelia Kelsey**, 52nd Aircraft Maintenance Squadron; **Daniel Parsons**, 52nd Equipment Maintenance Squadron; and **John Williams**, 52nd EMS.

Other graduates were:

Eagle Flight

Senior Airmen Bradley Baker, 52nd

EMS; **Sean Christian**, 52nd Logistics Readiness Squadron; **Yolanda Davis**, 52nd Medical Support Squadron; **David Edwards**, 702nd Munitions Support Squadron, Buechel Air Base; **Dustin Everhardt**, 52nd LRS; **Kelly Hume**, 52nd Communications Squadron; **John Mazur**, 52nd EMS; **Michelle Nelson**, 702nd MUNSS; **Robert Peterson**, 52nd Civil Engineer Squadron; **Andre Tondreau**, 52nd Component Maintenance Squadron; **Bryan Villanueva**, 606th Air Control Squadron; **Matthew Webb**, 52nd EMS; and **Wesley Williams**, 52nd CES.

Falcon Flight

Senior Airmen Ana Alvarez, 22nd Fighter Squadron; **Benjamin Casarez**, 52nd AMXS; **Garry Castaldi**, 52nd SFS; **Matthew Dallara**, 52nd EMS; **Jason Everett**, 52nd CES; **Stacey Fusco**, 701st

Munitions Support Squadron, Kleine Brogel Air Base, Belgium; **Tena Grant**, 703rd Munitions Support Squadron, Volkel Air Base, Netherlands; **Arthur Harding**, 52nd EMS; **Joseph Martin**, 52nd AMXS; **Josh Masa**, 52nd LRS; **Paul R. Scott Jr.**, 52nd AMXS; **Jason Sheridan**, 52nd CS; **John Smith**, 52nd EMS; **Katie Sponsler**, 52nd EMS; and **Daren Snyder**, 52nd CMS.

Warthog Flight

Senior Airmen Ebony Clark, 52nd LRS; **Emily Gillmore**, 52nd Mission Support Squadron; **Michael Holcomb**, 52nd EMS; **Chad Kontogeorgis**, 52nd CES; **Jonathan Lima**, 52nd AMXS; **Allen Nosker**, 52nd AMXS; **Kristen Peterson**, 52nd Operations Support Squadron; **Jason Rachwitz**, 52nd CMS; **Michael Sacilowski**, 52nd EMS; **Ceara Sanft**, 702nd MUNSS; **Benjamin Secrest**, 52nd SFS; **Joshua Sweet**, 52nd EMS;

Luke Wallin, 52nd LRS; **Terry Wright**, 52nd Fighter Wing; and **Travis Ziolkowski**, 52nd CES.

Magic Flight

Staff Sgts. Scott Ernst, 52nd CS; and **Eugene Roberts**, 52nd CES; and **Senior Airmen Louis Butterfield**, 606th ACS; **Kimberly Correa**, 52nd LRS; **Daniel Crane**, 52nd EMS; **Erica Davis**, 703rd MUNSS; **Charles Kirkwood**, 52nd CES; **Macrina Martinez**, 702nd MUNSS; **Raymone Massey**, 38th Munitions Maintenance Group; **William Mcnew**, 52nd AMXS; **Jennifer Niblick**, 52nd AMXS; and **Rebekah Villanueva**, 606th ACS.

(Compiled by Staff Sgt. Jeremy Louk, Pitsenbarger ALS)

No DUIs, but speed, errant driving cause week's crashes

By David Barker

52nd Security Forces Squadron

There were no new driving under the influence citations for Team Eifel this week, but there were 18 total crashes and accidents. Three of the crashes were classified as major, and there were 15 minor accidents.

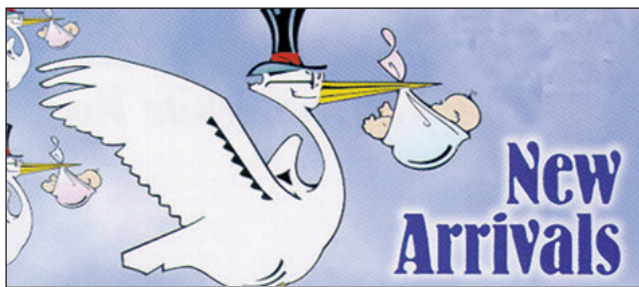
The first major crash was on the B-50, near the Beilingen turn off, and was caused by speeding and inattentive driving. The driver had a head-on collision with another car. Occupants of both vehicles were transported to a local hospital for injuries.

The second major crash occurred in Speicher on L-46. Speeding and tailgating

caused the collision. A vehicle making a turn suddenly hit the brakes, causing another vehicle to brake suddenly to avoid a collision. A third vehicle then rear-ended the second vehicle. The first vehicle was not struck.

The last major accident for the week was on B-50, adjacent to the Eifel Mountain golf course. The driver stated he felt something move in his clothing. This distracted him and caused him to crash.

Wing members were also involved in 15 minor accidents. Two were from driving too fast for conditions, seven were from improper backing, four were from inattentive driving, one was from wildlife and one was from tailgating.



Lyrik Annabella Beckwith was born at 2:45 p.m. Oct. 5 to Senior Airman Nathan and Latoya Beckwith. She weighed 7 pounds, 12 ounces and was 20.5 inches long. Airman Beckwith is assigned to the 52nd Civil Engineer Squadron.

Yazmina Nazareth Hunter was born at 2:46 a.m. Oct. 17 to Crystal Maria Hunter. She weighed 5 pounds, 12.5 ounces and was 18 inches long. Crystal Hunter is the daughter of Tech. Sgt. Michael and Renee Hunter. Sergeant Hunter is assigned to the 52nd Logistics Readiness Squadron.

Shemai'ya Zenay Peak was born at 5:58 a.m. Oct. 23 to Staff Sgt. Susan and Dennis Peak. She weighed 8 pounds, 6.2 ounces and was 20.5 inches long. Sergeant Peak is assigned to the 52nd LRS.

Gabriella Ann Wilcox was born at 1:48 p.m. Oct. 24 to Staff Sgt. Landon and Trisha Wilcox. She weighed 8 pounds, 15 ounces and was 21 inches long. Sergeant Wilcox is assigned to the 702nd MUNSS.

Chloe Elizabeth Lambert was born at 1:16 p.m. Oct. 26 to Staff Sgt. Linda Mae Lambert. She weighed 6 pounds, 10 ounces and was 19.5 inches long. Sergeant Lambert is assigned to the 52nd Medical Operations Squadron.

Mason Gabriel Jones was born at 12:30 a.m. Oct. 27 to

Staff Sgt. Cameron and Stephanie Jones. He weighed 9 pounds, 1 ounce and was 21.25 inches long. Sergeant Jones is assigned to the 52nd Aircraft Maintenance Squadron.

Avalon Christine Brown was born at 4:21 a.m. Oct. 27 to Staff Sgt. Jeni and Juston Brown. She weighed 7 pounds, 11 ounces and was 20 inches long. Sergeant Brown is assigned to the 52nd Communications Squadron.

Taydin Bruce Scheer was born at 5:19 p.m. Oct. 28 to Senior Airman Erik and Stephanie Scheer. He weighed 8 pounds, 9 ounces and was 21.5 inches long. Airman Scheer is assigned to the 606th Air Control Squadron.

London Archer Wright was born at 12:16 p.m. Oct. 31 to Staff Sgt. Dwayne and Summer Wright. She weighed 6 pounds, 15 ounces and was 19.5 inches long. Sergeant Wright is assigned to the 702nd Munitions Support Squadron, Buechel Air Base.

Griffon Maddox Avila was born at 1:37 a.m. Nov. 3 to Capt. Nelson and Christina Avila. He weighed 8 pounds, 6.75 ounces and was 20.9 inches long. Captain Avila is assigned to the 52nd CS.

Eric Raymond Sledge was born at 8:56 a.m. Nov. 4 to Capt. Elton and Cari Sledge. He weighed 11 pounds, 5.25 ounces and was 24 inches long. Captain Sledge is assigned to the 52nd CES.

Hannah Jolynn Ross was born at 11:09 a.m. Nov. 4 to Senior Airman Jeffrey and Lauren Ross. She weighed 7 pounds, 4.75 ounces and was 20.5 inches long. Airman Ross is assigned to the 52nd Equipment Maintenance Squadron.

Roxy Isabella Gatchell was born at 11:02 a.m. Nov. 9 to Staff Sgt. Steven and Raluca Gatchell. She weighed

9 pounds, 3 ounces and was 21 inches long. Sergeant Gatchell is assigned to the 52nd AMXS.

Gabriel Thomas Scannell was born at 8:56 a.m. Nov. 10 to Senior Airman Matthew and Gail Scannell. He weighed 10 pounds, 3 ounces and was 21 inches long. Airman Scannell is assigned to the 52nd CES.

Celina Marie Pelletant was born at 1:26 p.m. Nov. 10 to Tech. Sgt. Elizabeth and Raphael Pelletant. She weighed 6 pounds, 11 ounces and was 10.9 inches long. Sergeant Pelletant is assigned to the 52nd OSS.

Ethan Henry Pires was born at 3:02 p.m. Nov. 10 to 1st Lt. Eduardo and Deseri Pires. He weighed 5 pounds, 14 ounces and was 18 inches long. Lieutenant Pires is assigned to the 52nd Operations Support Squadron.

Dylann Xavier Cooks was born at 5:40 a.m. Nov. 11 to Senior Airman Jermaine and Chardon Cooks. He weighed 7 pounds, 15 ounces and was 21 inches long. Airman Cooks is assigned to the 52nd AMXS.

James Bjarni Wahoske was born at 12:45 a.m. Nov. 16 to Capt. Ted and Anna Wahoske. He weighed 7 pounds, 8 ounces and was 20.5 inches long. Captain Wahoske is assigned to 52nd Comptroller Squadron.

Leo Robert Fletcher was born at 3:17 p.m. Nov. 23 to Staff Sgts. Robert and Sarah Fletcher. He weighed 7 pounds, 1 ounce and was 20.25 inches long. Sergeants Robert and Sarah Fletcher are assigned to the 52nd OSS.

Anthony Gilbert Perez was born at 7:25 a.m. Nov. 24 to Airman 1st Class Santos and Emily Perez. He weighed 7 pounds, 5 ounces and was 20.5 inches long. Airman Perez is assigned to the 52nd Security Forces Squadron.



Senior Airman Amaani Lyle

Top Saber Performer

Name: Capt. Frank Lusher
Unit: 22nd Fighter Squadron
Duty title: Squadron Scheduler
Hometown: Hopkinsville, Ky.
Years in service: Four
Nominee's contributions to 52nd Fighter Wing mission success: Captain Lusher has distinguished himself as the 22nd FS Electronic Combat Officer. He is the squadron daily scheduler in charge of ensuring each pilot receives the weekly or monthly training required to stay current. In addition to his duties as an F-16CJ pilot, Captain Lusher is responsible for managing several essential squadron programs. The captain's daily duties include instruction on proper usage of the HARM targeting system pod, managing the

squadron operations of the new "LINK-16" data link and keeping all squadron electronic tasks up to date. Captain Lusher also volunteered to be the project officer of the Wittmund dissimilar air combat training program. At Wittmund, F-16CJ pilots were given the opportunity to test their skills against German F-4 Phantom IIs in a simulated air combat scenario. In addition, several maintenance personnel participated and gained a better understanding about operations with their NATO counterparts. The captain dedicated long hours to ensure these programs were a success.

Off-duty volunteerism and professional development pursuits: Captain Lusher assists protocol by showing German contingents around the squadron. He is also a fluent German speaker.

What's a fun thing you've done lately? I just returned from a trip to Verdun, one of the greatest historical sites around.

What do you like most about being stationed here? I love the travel opportunities.

What's one thing you'd like to see changed or improved at Spangdahlem Air Base? I'd like to see better parking access.

Saber connect



Airman 1st Class Stacy Moless

Col. Dave Goldfein, 52nd Fighter Wing commander, looks on as Airman 1st Class Christopher Gerard, 23rd Fighter Squadron aircrew life support technician, breaks down a flight helmet at his shop Dec. 7. Airman Gerard educates Colonel Goldfein about his career field as part of the *Commander's Mentorship Program*. A Dallas, N.C., native with two years of Air Force service under his belt, Airman Gerard cited his selection as senior airman below-the-zone, his first place win in the American Red Cross 5k run and his "excellent" fitness test score of 90 or above as noteworthy accomplishments.

Interested in a degree?

We can help!

Call the Combat Education center at 452-6063.



Eifel Salutes

52nd Mission Support Group

Big thanks to **Denise Rossignol** and the rest of the **base squadron representatives** team for helping the Sabers cross over into the "blues" -- Blues Traveler, that is. They and the New England Patriots cheerleaders were part of what made Operations Season's Greetings a smashing success.

Airman 1st Class Garrett Doyle cooked up a professional attitude and got six troops in and out of the dining facility line in outstanding fashion. It's "pump and circumstance" for the 52nd Logistics Readiness Squadron hot pit refueling operations crew: **Staff Sgt. Todd Raymond**; **Senior Airman Jason Boling** and **Airmen 1st Class Jared Beem, Courtney Wheeler, Angela Campbell** and **Michael Kessler**, who serviced 50 pits and pumped about 50 gallons of fuel in a week. We solemnly swear to salute **Airman Gladys Robinson**, who took the time from her personal schedule to assist a customer in the re-enlistments office. Is a "Rose" by any other name as sweet? **Staff Sgt. Rose Goodwin** provided excellent customer service at the military personnel flight and is the model of quality, courtesy and professionalism. People want to catch this "Flue" ... **Senior Airman Shawn Flue** was willing to sit down and teach another troop how to perform electronic updates for enlisted and officer performance reports. Check out the salute we have in store for **Tech. Sgt. Michael Luetkeman**, who expertly re-warehoused two F-16 readiness spares packages, eliminating five total pallet positions, reducing the size kits by 27 percent and increasing deployability. Additionally, Sergeant Luetkeman and **Airman 1st Class Joshua Long** did a great job updating and verifying the 52nd Logistics Readiness Squadron member information in the Fitlinxx database.

52nd Maintenance Group

And the winner is ... **Staff Sgt. Melissa**

Hudson, who flawlessly reviewed more than 350 awards and decorations, and more than 300 officer and enlisted performance reports for group and wing commander endorsement.

38th Munitions Maintenance Group

Putting Greek gods to shame is **Tech. Sgt. Troy Lee**, who won the 38th Combat Support Wing Financial Management NCO of the Year award. Our main(tenance) man is **Tech. Sgt. Joseph Kazimer**, who snagged the 38th CSW Leo Marquez Communications Electronics Maintenance Technician Supervisor of the Year award. When it comes to computers, we have no trouble following "Murray's law" ... **Senior Airman Austin Murray** relocated the Internet Café to the community support center, blueprint-ed all configurations, transferred six computers and printers and rewired hub switches through the local telephone provider. The 704th Munitions Support Squadron, Ghedi, Italy, recognizes their outstanding performers during a recent U.S. Air Forces in Europe Inspector General Inspection: **Staff Sgts. Andrew Bessette, Dane Norem, Dave Anelundi**, and **Brandy Wood**; and **Senior Airmen James Baroni** and **Michael Evans**. For Pete's sake, let's salute **Staff Sgt. Peter Doyle**, who controlled, cleaned and inspected \$4 million worth of equipment in the 702nd Munitions Support Squadron, Buechel Air Base. **Staff Sgt. Elizabeth Farmer** can toot her own horn for trumpeting reveille and the national anthem for the 702nd MUNSS.

52nd Medical Group

Tooth be told, **Airman 1st Class Demetris Cone, Amanda Krisher** and **Kimberly Irwin** did a great job assisting the dental reception desk.

Kudos to all; Team Eifel salutes you!

(Compiled by Senior Airman Amaani Lyle, 52nd Fighter Wing Public Affairs Office)



Senior Airman Amaani Lyle

Top Saber Team

Unit name: 22nd Fighter Squadron Scheduling Section

A brief description of unit responsibilities: The team members are responsible for scheduling all meetings, appointments, simulators and flying training for the members of the 22nd FS. They also work as liaisons between the 22nd FS and the 22nd Aircraft Maintenance Unit to ensure jets are properly configured and scheduled to conduct flying training and meet all annual training requirements. The team is responsible for "closing out" or "balancing" the flying hour program for the squadron at the end of the fiscal year.

Number of members: Four: Capts. Travis Ruhl, Frank Lusher, Tad Clark and Eddie Francis

How does the team fit into the 52nd Fighter Wing's mission? The scheduling team provides the 22nd FS with a consistent, reliable and predictable schedule each day and also generates a three-week outlook to provide stability among the 22nd FS Airmen.

Team's other contributions through the year? The team members created three separate boards for a three-week daily meeting schedule and flying schedule plan. They also created a new hallway board so that the week's schedule can be visible to the squadron at a moment's notice. The team closed out the flying hour program for the 2004 fiscal year. Additionally, they coordinated training with British fighters in August and with French fighters this month. The team members schedule monthly three-day training deployments to Wittmund for training with German fighters.

Air traffic controller averts runway accident, wins award

Story and photo by 1st Lt. Mike Cumberworth
52nd Fighter Wing Public Affairs Office

An Air Traffic controller from the 52nd Operations Support Squadron received the Lt. Gen. Gordon A. Blake Aircraft Save Award here recently for his actions while on temporary duty in Slovakia in July 2004.

Staff Sgt. Joseph Ames received the Air Force-level award for intervening to avert a possible accident involving F-16 aircraft July 15 at Malacky Air Base, Slovakia.

"The award is something not a lot of people get, so it's an honor," Sergeant Ames said.

Honoring his abilities as an air traffic controller is just part of the job for Sergeant Ames, who averted the accident during inclement weather.

A four-ship flight of F-16s from Aviano Air Base, Italy, were landing on a runway wet with standing water. The second jet landed long and hydroplaned on the slick runway.

The pilot lowered his tail-hook and engaged the arresting cable. The third aircraft landed soon afterward and had only 3,500 feet to stop when Sergeant Ames and his supervisor, Master Sgt. Ricardo Young, took immediate action.

"The pilots were landing at an unfamiliar airport using normal spacing ... the runway being wet was probably the biggest player," Sergeant Young said. "At the time, I was really just

concentrating on number three to see if he was going to be able to takeoff."

The two air traffic controllers, who have nearly three decades of experience between them, directed the third jet to go around and cleared the fourth jet away to avoid further complications.

Sergeants Young and Ames coordinated high-altitude holding for the jets to conserve fuel while emergency maintenance personnel responded.

For their actions, both sergeants were nominated for the quarterly Blake award, presented to around 10 people each year by the Air Force Flight Standards Agency. Lt. Col. Russell Quinn, 52nd Operations Support Squadron commander, presented the award to Sergeant Ames.

To be a recipient of the award, the controllers' actions must be distinguishable, professional and cast no reasonable doubt that without these actions, probable damage to the aircraft would have occurred, said Capt. Jefferson DeBerry, 52nd OSS airfield operations flight operations officer.

"We were, of course, only doing our job," Sergeant Ames said. "But it's the time you go above and beyond and feel like you made a difference in someone's life. It's a great feeling."

Since 1957, air traffic controllers have saved more than 8,000 lives, both military and civilians, and more than \$4.5 billion worth of aircraft.



Staff Sgt. Joseph Ames, 52nd Operations Support Squadron air traffic control tower watch supervisor (right), and Senior Airman William Vargas, tower controller, keep watch over the airfield here as aircraft prepare for their afternoon flights. Sergeant Ames is a recipient of the Air Force Flight Standards Agency's 2004 Third Quarter Aircraft SAVE award.

To date, the Lt. Gen. Gordon A. Blake Aircraft Save Award has been presented to more than 2,500 air traffic controllers.

Blues Traveler guitarist Chan Kinchla harmonizes as Band of the Air Force Reserve saxophone player Airman 1st Class Oliver Santana and Popper play the blues with Master Sgt. A. Leroy Wilson, Band of the Air Force Reserve, on percussion.



2nd Lt. Shannon Collins



2nd Lt. Shannon Collins

Blues Traveler front man and harmonica guru John Popper belts out the words to "Run-around," a crowd favorite. Blues Traveler, playing side-by-side with members of the Band of the Air Force Reserve and U.S. Air Forces in Europe Band, entertained hundreds of Team Eifel members in the Skelton Memorial Fitness Center Saturday. In between sets, the New England Patriots cheerleaders danced and cheered.

Sabers enjoy free holiday show

By 2nd Lt. Shannon Collins
52nd Fighter Wing Public Affairs Office

Hundreds of Team Eifel members enjoyed a little Christmas music and some old tunes, blues-style from Blues Traveler, the Band of the U.S. Air Force Reserve and Air Forces in Europe Band through Operation Season's Greetings in the Skelton Memorial Fitness Center Saturday.

In between sets, the New England Patriots cheerleaders danced and cheered and taught a few Sabers how to rally a crowd.

Blues Traveler front man John Popper was honored to give the base Airmen and their family members a little holiday cheer.

"It's a great opportunity to get to show our appreciation for all they do. We feel like it's just a

tiny chance to give a tiny bit back because these people are saving our lives and saving lives of people around the world," the famous harmonica player said. "We are proud of everyone, and we're fans of theirs. We're in awe of them."

Airman 1st Class Joseph Waugh, an aircraft hydraulics system apprentice with the 52nd Component Maintenance Squadron, is in awe of Blues Traveler. He won a backstage pass to meet them through a Combat CHEER Dorm Dweller Challenge initiative.

"I was stoked," he said. "Going backstage and meeting the band was awesome."

The tour group traveled to the Eifel region after hitting Portugal, Turkey and Ramstein. The team finished up the two-week, country-to-country tour in Iceland Thursday.



2nd Lt. Shannon Collins

Team Eifel volunteers perform a routine with the New England Patriots cheerleaders between sets.



Senior Airman Amaani Lyle

Blues Traveler plays for the crowd Saturday during Operation Season's Greetings.



Airman 1st Class Joshua E. Coleman

Tad Kinchla, bass player for Blues Traveler, riffs on a crowd favorite.

Col. Dave Goldfein.....Commander
Capt. Thomas Crosson.....Public affairs chief
1st Lt. Mike Cumberworth.....PA deputy
Master Sgt. Sean E. Cobb.....PA superintendent
2nd Lt. Shannon Collins.....Internal chief
Senior Airman Amaani Lyle.....Editor
Airman 1st Class Eydie Sakura.....Staff writer
Iris Reiff.....Leisure writer

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Accessing Direct Line

The Direct Line program is a
way to get answers to questions
you still have after using your
chain of command.

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Eifel Times at 452-5244 for more
information.



Col. Dave Goldfein

December
Sortie
Scoreboard

Aircraft	Goal	Flown	Delta
22FS	277	169	24
23FS	304	167	-1
81FS	405	221	37

*Delta is contract vs. sorties flown to date.

Through Dec. 13

Courtesy of the
52nd Operations Support Squadron
Plans and Scheduling Section

Viewpoint

Dec. 17, 2004

Page 5

3rd AF commander says Airmen should work to live, not live to work

By Maj. Gen. Mike Gould
3rd Air Force Commander

From time to time, we all need to step back from the hectic pace of our daily routines to get a good perspective check. You know, get out the “level” and see how well we’re balancing our priorities.

I have done this constantly for years by looking at how I stand with regard to my faith, my family, my physical fitness and how much enjoyment and satisfaction come from my contributions.

If you share the philosophy that we should all “work to live,” not “live to work,” you’ll know what I mean in saying there is really nothing on earth more important than our families.

No matter what we accomplish during our time in the service, when the day comes to hang up the uniform for the final time, all the awards, citations, medals and memories will be behind us. Thankfully, our families will still be there.

We’ve all known too many people who look back on their careers with the single, haunting regret that they wish they had spent more time with, or taken better care of, their spouse and children. I decided long ago I would not let that regret hang

over my head, and I urge you to make the same pledge.

I know some struggle with what’s sometimes seen as a conflict between one of our core values, “Service Before Self,” and the concept of taking care of our families. I believe they complement each other.

Let me explain. Granted, selfless service often spells long work days, extended separation from loved ones and all the associated sacrifices, but what better way to provide for your family than to demonstrate to your children the value of a strong work ethic.

Showing your family how their love and support has prepared you to succeed in your chosen career is a way of honoring your parents, siblings and other extended family members. On top of that, your sacrifices and your dedication to excellence will only serve to further your personal advancement, once again allowing you to better provide for your family’s needs.

Taking care of our families takes a conscious effort. Simply talking about it won’t cut it. I’ve been physically separated during birthdays, holidays, anniversaries and T-ball games. I know you have as well. We have to work at it. We must find ways to make

up for lost time, and when we do have precious time together, make the most of it.

We as parents need to know how important it is to be at our children’s events: ball games, dance recitals, parent-teacher conferences, school awards, church activities, etc. Then we need to make that special effort to be there.

At the same time, supervisors and commanders must likewise create a work environment that encourages Airmen to step forward and ask for time to participate in these extra special family events.

Single Airmen are not exempt from this family perspective check. Even though your family might not include a spouse and children, there are certainly loved ones, moms, dads, grandparents, brothers and sisters, aunts and uncles, who treasure the phone calls, e-mails and letters from you.

Stay close to your family. Tell them what’s going on in your life. Share your successes and challenges, and let them know you love them.

With the advent of Combat Care, Third Air Force personnel are finding many new and inventive ways to put

the focus back on our families.

I encourage everyone to investigate the kinds of Combat Care services your base offers. Activities I’ve seen during my command-wide travels include free dinners, movie passes, car care certificates, theme park passes and a variety of other “good deals.”

These types of services and incentives are helpful in easing the pain of separation, but the ultimate responsibility falls on each one of us Airmen to make the special, conscious effort to take care of our families.

We need to think ahead. We should sit down with our families prior to deploying and scour the atlas so they know where these far-off places are. While away, we should write notes to our children, encouraging them in their accomplishments, both big and small.

We should also prepare thoughtful gifts or letters for our spouses to be presented by friends throughout our time away.

Yes, taking care of our families takes a conscious effort. Let’s all make sure to re-examine our priorities this holiday season and if our families are not at the top of our list, let’s reprioritize.

Goals, plans help focus Airmen’s efforts

By Lt. Col. John Cherrey
81st Fighter Squadron commander

How often do we, as Airmen, feel we have to fit 10 gallons of work into a five-gallon day?

Continuous inquiries via e-mail for information someone needs today seem to sap the focus from things people want to get done. Assuming people have been in the military for more than a month, we all know we are doing more with less, and the trend shows no sign of abating.

Supervisors at the lowest level need the tools to prioritize and focus their efforts to ensure the most important tasks are completed correctly and on time. Having organizational goals and plans are one way to help supervisors prioritize efforts and ensure the right work is getting done on time to standard.

Organizations (wings, groups, squadrons, flights, shops) all must set goals. Without them, performance wanders because there are no long or short-term expectations. Feedback and metrics don’t relate to anything concrete, and eventually distractions rise to the same level of importance as mission tasks.

Tracking progress toward a goal is more than just collecting statistics and metrics ... it is reviewing what is driving those numbers and how they work into the goal. Just because a unit has not had a troop drinking under the influence in 52 days does not mean they are reaching a goal if there is no underlying program that keeps

“ **Having organizational goals and plans are one way to help supervisors prioritize efforts and ensure the right work is getting done on time to standard.** ”

then from having a DUI on day 53.

The purpose of the goal is to take care of our people and keep them safe -- not have 52 days without a DUI. There are plenty of people putting in long days in the Air Force, creating all sorts of statistics, but not all of those long days result in progress toward leadership’s goals.

As a rule, goals should be achievable, measurable and should fit into the goals of the parent organization. Unit goals to which Sabers contribute should reflect the parent organization’s goals.

After taking the time to understand an organization’s contribution to wing goals, it is time to lay out a plan so a unit can contribute to making them a reality.

Timelines for each level of supervision may differ in terms of how far out to plan. For a squadron commander, it may be at least one air expeditionary force cycle ahead. For a director of operations, it may be a yearly flying hour and aircrew training cycle ahead.

Individual shop chiefs may want to look at how their quarterly planning contributes to yearly goals and forecast as many quarters out as possible. The key to picking a planning timeline is recognizing how far out you need to plan for resources such as people, time and training to influence the team’s ability to meet their goal.

An organizational plan is best developed when subordinate groups get back together and develop strategies to ensure all of the plans are deconflicted with respect to resources required to meet goals. As the plan develops, leave time in it for refinement and mid-course corrections as any plan is bound to change based on resources available to meet goals.

The goal can be as localized as a shop goal that exceeds the 52nd Fighter Wing’s goal day metrics, or as broadly defined at the squadron as having a fully combat ready Unit Type Code to fill your AEF commitments.

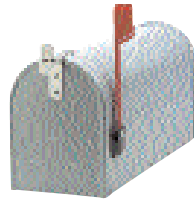
So if it is so easy, why doesn’t every organization have goals and plans to focus their efforts? Because it is not always easy, it takes time and buy-in at all levels. Buy-in takes feedback, showing the fruits of planning labor.

As people keep track of meeting their measured goals, the unit should feel pride and motivation toward reaching its goals. If supervisors and their troops are going to work long hours, they might as well take the time to ensure time is spent wisely. People may not be capable of working longer, but they can usually work smarter.



Community Mailbox

Submit "Community Mailbox" advertisements 10 days before the desired publication date to publicity@spangdahlem.af.mil.



Christmas movie night

The Mosel Hall Dining Facility offers pizza, popcorn and more, along with the double-feature screening of "Badder Santa" and "A Christmas Story" Dec. 23 at 4:15 p.m. The event is open to single and unaccompanied Airmen. For more information, call Staff Sgt. Brandi Ray at 452-6727.

Holiday hours

♦ The 52nd Comptroller Squadron finance customer service window will be open from 8 a.m. to noon Dec. 24. The window will be closed Christmas Day. Call 452-6730 for more information.

♦ The 52nd Communications Squadron parcel pick up window will be open from 8 a.m. to 8 p.m. Dec. 24. The window will be closed Christmas Day. Call 452-6038 for more information.

Dance team

Those seeking entertainment for their special function can let a professional team of eight dancers perform by appointment for hosts and their guests. Call Theresa Madison at 452-9206 or 452-7546 or the Spangdahlem AB Youth Center at 452-7545 for details.

New DoDDS e-mail

The e-mail address for all Department of Defense Depedents Schools, Europe personnel has changed. The new e-mail address is: firstname.lastname@eu.dodea.edu. Call Barbara Triplett at 452-6881 for details.

Single Airmen party

The 52nd Fighter Wing First Sergeant Council hosts a free holiday party for unaccompanied Airmen of all ranks. Join the party Dec. 24 from 6-10 p.m. at the Brick House for food, games and prizes. For more information, call Master Sgt. Luis Reyes at 452-7442 or e-mail him at luis.reyes@spangdahlem.af.mil.

ESL

English as a Second Language classes begin in January. For more



Janis Wood

Yuletide readings

Dawn Goldfein, spouse of Col. Dave Goldfein, 52nd Fighter Wing commander, reads "Twas The Night Before Christmas" to AnnaBella Javier and other children at the deployed family holiday party. The event took place at the Spangdahlem Gemeindehaus in Spangdahlem Village and was coordinated with the help of Klaus Rodens, mayor of Spangdahlem. AnnaBella's father is Staff Sgt. Lorenzo Javier, 52nd Security Forces Squadron.

information or registration, call the Family Support Center at 452-6422.

BHS i-SAFE

The Department of Defense has partnered with i-SAFE America to bring Internet safety education to Bitburg High School. The program provides students with the awareness they need to avoid dangerous, destructive or unlawful online behavior. The program also helps them to recognize, respond or avoid these behaviors. For more information, call Brenda Painter at 452-9337.

Playgroups

Family Advocacy offers three separate playgroups for parents and their children. Newcomers are welcome. For more information call 06565-958279 or 452-8279.

♦ Playgroup for parents with infants to pre-school children, Spangdahlem AB

housing, bldg. 409-C, lower level each Tuesday, 10 a.m. to noon.

♦ Playgroup for parents with infants to pre-school children, Bitburg Annex Community Center Playhouse, building 2012, each Thursday from 10 a.m. to noon.

♦ Playgroup for fathers and male spouses of military members with pre-school children, Bitburg Annex Community Center Playhouse, building 2012, each Wednesday from 10 a.m. to noon.

New family room

Enjoy the fun at the new Bitburg Community Annex family room in building 2012. Ideal for families to socialize, it is also a comfortable meeting place. The Community Annex staff is available to assist people with scheduling meetings for informal groups or private parties. The Annex is now open in the evenings and each Saturday.

Chapel Services



For more information on the chapel holiday schedule, call the chapel at 452-6711/6281.

Spangdahlem AB

Catholic Mass

- ♦ Dec. 24, 7:30 p.m., Christmas Eve Mass
- ♦ Dec. 25, no Christmas Day Mass
- ♦ Dec. 31 - Jan. 1, no New Year's Eve/Day Mass

Protestant

- ♦ Dec. 24, 5 p.m., Children's Christmas Eve service

Bitburg Annex

Catholic Mass

- ♦ Dec. 24, 5 p.m., Children's Christmas Eve Mass, followed by birthday Mass reception
- ♦ Dec. 25, 10 a.m., Christmas Day Mass

Protestant

- ♦ Dec. 24, 7:30 p.m., Christmas Eve candlelight service
- ♦ Dec. 24, 9 p.m., Christmas Eve communion
- ♦ Dec. 31, 10 p.m., New Year's Eve watch night

Club Eifel Happenings

The following events take place in Club Eifel. Call 452-6090 for more information. The club is closed Dec. 25.

Too bad!

In the weekly Club Eifel drawings, **Staff Sgt. Anthony Smith** missed out on \$200 in the Stripes Lounge, and **Maj. Dennis Saucier** missed out on \$50. Club Eifel offers limited services from 12-6 p.m. Monday through Thursday. There will be no lunch buffets or evening specials at the Stripes Lounge.

Thursday

Christmas family fun night takes place from 5-8 p.m. and features a kiddie disco, games, prizes and buffets for children and adults. Cost for adults is \$6.95 for members and \$9.95 non-members. Cost for children ages 6-12 is \$3.95 for members and \$5.95 for non-members. Children age 5 and under eat free.



Der Markt

Free classifieds policy and submission deadlines

Der Markt is for the personal resale of items by military and civilian employees and their families. Items such as advertisements for rental property won't be published due to funded paper restraints. Ads should be 35 words or less and customers are limited to no more than two ads per week. Ads must be typed or printed legibly and turned into the public affairs office, building 23, at least **10 days before the desired date of publication**. Ads can also be e-mailed to publicity@spangdahlem.af.mil or sent via fax to 452-5254. Having ads in by deadline does not guarantee publication. Ads for services generating regular income will not be published. The ads must include the sponsor's name and telephone number. Ads not meeting these requirements, including those exceeding the designated word limits, will not be printed. The *Eifel Times* staff reserves the right to edit ads.

Movies

The following movie listings are for today through Jan. 7. Times and movies are subject to change. For the most current information, call 06565-61-9441 or 452-9441. Movie synopses are available at www.aafes.com/ems/default.asp. As part of Project CHEER, Airmen will be able to attend one showing per day free on a first come, first served basis during the following days: Christmas Eve, Christmas Day, New Year's Eve and New Year's Day. Call the theaters first to find out what time of day the free movie is scheduled.

Spangdahlem Skyline

Today

Taxi (PG-13, 7 p.m.)

A feisty taxicab driver has hot tips for a green and inept cop set on solving a string of New York City bank robberies committed by a quartet of female Brazilian bank robbers.

Friday Night Lights (PG-13, 10 p.m.)

A straight arrow coach leads his team to the 1988 Texas state semifinals in Odessa, Texas, where high school football is king.

Saturday

Friday Night Lights (7 p.m.)

Taxi (10 p.m.)

Sunday

The Incredibles (PG, 4 p.m.)

A family of undercover superheroes, while trying to live the quiet suburban life, are forced into action to save the world.

Shark Tale (PG, 7 p.m.)

When a son of a gangster shark boss is accidentally killed while on the hunt, his would-be prey and his brother both decide to use the incident to their own advantage.

Monday

Shark Tale (7 p.m.)

Tuesday

The Incredibles (7 p.m.)

Closed Wednesday and Thursday

Dec. 24

Elf (7 p.m.)

After inadvertently wreaking havoc on the elf community due to his ungainly size, a man raised as an elf at the North Pole is sent to the United States in search of his true identity.

Team America: World Police (R, 10 p.m.)

Puppet superheroes fight to end terrorism and put tired celebrities out of their misery.

Closed Dec. 25

Dec. 26

The Polar Express (G, 4 p.m.)

A conductor invites a boy to visit the North Pole with other pajama-clad children. There, he receives an extraordinary gift only those who still believe in Santa can experience.

After the Sunset (PG-13, 7 p.m.)

A master thief achieves his last big score,

and an FBI agent promises to capture him.

Dec. 27

Surviving Christmas (PG-13, 7 p.m.)

A lonely, obnoxious young millionaire pays a family to spend Christmas with him.

Dec. 28

Polar Express (7 p.m.)

Closed Dec. 29 and Dec. 30

Bitburg Castle

Today

Raise Your Voice (PG, 7 p.m.)

A girl from a small town heads to the big city to spend the summer at a performing arts school.

Ray (PG-13, 9:30 p.m.)

Ray Charles went blind at the age of seven, but with the support of his determined, single mother, he developed incredible talent and revolutionized American music.

Saturday

First Daughter (PG, 4 p.m.)

The first daughter of the U.S. President heads off to college and falls for a graduate student with a secret agenda.

Ladder 49 (PG-13, 7 p.m.)

Firefighter Jack Morrison made sacrifices that have taken a toll on his relationship with his family and friends. Those decisions finally come back to haunt Jack when he's trapped in a serious blaze.

Sunday

Raise Your Voice (4 p.m.)

Ray (7 p.m.)

Closed Monday and Tuesday

Wednesday

First Daughter (4 p.m.)

Ladder 49 (7 p.m.)

Thursday

Raise Your Voice (4 p.m.)

Ray (7 p.m.)

Dec. 24

Elf (PG, 4 p.m.)

The Incredibles (7 p.m.)

Dec. 25

Ray (2 p.m.)

Dec. 26

Friday Night Lights (7 p.m.)

Closed Dec. 27 and Dec. 28

Dec. 29

The Incredibles (4 p.m.)

Shark Tale (7 p.m.)

Dec. 30

The Incredibles (4 p.m.)

Taxi (7 p.m.)

Don't go to 'bored' meetings, have fun this holiday season

By Iris Reiff

52nd Fighter Wing Public Affairs Office

In Germany, the spirit of family sharing continues on the first Christmas Day, Dec. 25, and lasts until the second Christmas Day, Dec. 26, also a federal holiday in Germany.

Although the holiday season is reserved for friends and families, the fun is not restricted to one's home. Between now and New Year's Day, Germany offers a variety of things to do in the local area.

Saturday and Sunday will probably be the busiest days at Germany's Christmas markets, when people are finishing up their Christmas shopping and welcoming the holiday season with music, Gluehwein and other Christmas treats. Advent music and open singing is popular everywhere this weekend.

Shoppers get another chance to buy gifts between 9 a.m. and 2 p.m. Christmas Eve and New Year's Eve in many stores throughout Germany. Stores will be closed Dec. 25 and 26, as well as New Year's Day.

There will be Christmas church services the night of Dec. 24 and again Dec. 25-26. Christmas mansions are displayed in many churches throughout the country.

Christmas concerts and choir performances take place in public spots of cities or in famous churches, such as the Trier Dom cathedral or the Himmerod Abbey.

Those people feeling stressed from the holidays may opt for a day of relaxation at the Bitburg Cascade swimming pool or get back into shape at the nearby Bitburg ice rink. The Cascade pool complex, which offers several different pools for swimming, diving boards, a

water slide, saunas, solariums and massage facilities will be closed on Christmas Eve; however, it will remain open Christmas Day as well as Dec. 26, between 10 a.m. and 6 p.m.

Fireworks are popular throughout Germany. People will gather in the streets about 30 minutes prior to midnight, expecting the new year. Fireworks displays will be shot off, starting at midnight. This is the time when Germany becomes one big party place.



Courtesy photo

A German pianist plays at a recent concert.



Out and About



(Editor's note: Event dates and times are subject to change. To confirm event details, call the telephone information office at 11833 and ask for a number to the tourist office in the town the event takes place. For event tickets, call the Press-Center Trier at 06511-459930, the Trier Tourist Information Office at 06519-780822 or the Trier Ticket Service at 06519-941188, unless specified otherwise.)

Take an overnight trip to Berlin **Dec. 30** through **Jan. 1**. It includes one night's lodging, breakfast and a city tour. Call Information, Tickets, Travel at 452-6567 for more information.

For tickets to any of the following events, contact the Trier, Bitburg or Wittlich Presse-Center at 0651-1459930 in Trier, 06561-95950 in Bitburg or 06571-97200 in Wittlich. Tickets can also be obtained via Ticket Hotline at 0651-7199-996 or Shock Ticket Service at 0651-41253.

Attend the closest and smallest Christmas market of

the area **Sunday** at the Hof Eulendorf estate, located in Grandsdorf. Take the second road into the village to get there. Christmas ornaments and special art will be on display. Homemade cake will be available.

The Speicher museum invites Americans to a Christmas exhibition **now through Dec. 23**. It features craft items such as teddy bears, dolls, ceramic paintings, needlework art, spinning wheel demos and much more. The event takes place in a historical, Christmas atmosphere. Musical entertainment will be provided.

Listen to classical Christmas music **Sunday** at the Bitburg Boda cultural center.

Reserve tickets now to the classical New Year's concert by the Young Philharmonic musicians. It takes place **Jan. 4** at Hall 300 at the former Bitburg Flugplatz.

See the popular Christmas Moments concert and show performance with Thomas Schwab and Ensemble **Thursday at 8 p.m.** at

the Trier Arena.

Rock music will be played during the Dark-x-mas-Festival **Saturday** at the Trier Messepark hall, located at the Moselauen grounds.

See the Gospel All-Stars **Sunday** at the Trier St. Maximum church.

A German soul concert by Xavier Naidoo and ensemble takes place **Tuesday** at the Luxembourg Petange Station.

The very best of Gospel features classical tunes **Thursday** at the Morbach St. Anna church.

Listen to jazz music by the Johannes Knopp Trio **Dec. 26** at the Wittlich Haus der Jugend or Youth House.

The Ludwigsburg horn blowing quintette will perform a concert **Dec. 26** at the Wittlich Synagogue.

Reserve your tickets now to the Chinese National Circus, **Jan. 16** at the Trier Europa hall.

Reserve tickets now to the Holiday On Ice Dream Tour show **Feb. 4-6** at the Trier Arena.

HAWC success: NCO shares weight loss story, makes exercise daily routine

Story and photo by
Airman 1st Class Eydie Sakura
52nd Fighter Wing Public Affairs Office

Choose a diet with plenty of grain products, vegetables and fruits. Choose a diet low in saturated fat and cholesterol. Choose a diet moderate in salt and sodium.

People can be inundated and overwhelmed with these dietary guidelines while trying to maintain a healthy weight and lifestyle. Not knowing what to eat and how much to eat in a sea of fast food, pre-packaged food and massive portions -- can become a tidal wave of over indulgence and over eating.

Tech. Sgt. Diana Jernigan, 52nd Dental Squadron Bitburg Annex clinic NCOIC, recognized the importance of maintaining a healthy lifestyle and visited the health and wellness center in July for guidance, motivation and a few tips.

"I went to the HAWC and asked them to put me on a diet and exercise program in order to lose weight and pass my physical training test," Sergeant Jernigan said. "I knew the results would not be overnight."

Incorporating exercise into a busy schedule can be challenging, but Sergeant Jernigan has included physical activity in her daily routine.

"I never used to run; in fact, I hated it. But since meeting the staff at the HAWC, I've begun running outside every day and I do weight training on



Tech. Sgt. Diana Jernigan, 52nd Dental Squadron Bitburg Annex clinic NCOIC, works on toning her muscles on the nautilus machines twice a week and runs 1.5 miles daily as part of her exercise routine to stay fit to fight.

the weekends," Sergeant Jernigan said.

Creating a routine is the key to physical activity and being fit to fight.

"I've been in the Air Force for 17 years, and I always just got by, passing the bike test, and would always go on a crash diet before the annual weigh-ins," Sergeant Jernigan said. "I knew I had to do something permanent because the fad

diets don't work in the long run."

In the end, Sergeant Jernigan lost nearly 30 pounds and went from a size 18 to a size 12. She has begun working out more regularly and has changed her eating habits.

Understanding that inconsistent eating habits can contribute to weight gain and introducing weight training and more exercise into a routine can be the biggest proponent to losing weight and keeping it off, said Mandy Baerman, 52nd Aerospace Medicine Squadron exercise physiologist.

"People need to know their downfalls when it comes to eating -- such as skipping meals, excessive soda consumption and portion size -- and they must try to incorporate at least 30 minutes of exercise into their day on all or most days of the week," she said.

Sergeant Jernigan could not agree more.

"Overall, I feel better, and I have more energy," she said. "I don't wear baggy clothes any more to hide behind."

She could do only one sit-up and one push-up before she went to the HAWC for help. Now she can do at least 17 of each.

"Sergeant Jernigan came to the HAWC with a positive attitude; was willing to put in the time and effort; was committed to our advice and succeeded in her goals," Ms. Baerman said. "She's an example of a HAWC success."

Team Eifel prepares for New Year, HAWC encourages sticking to goals

By **Lt. Col. Diane Deyak**
52nd Aerospace Medicine Squadron Office

It is that time of year when people pause to review their past failures and successes and look toward the future.

Many Americans will set goals for themselves in the new year and will launch their plan on Jan. 1. People do this year after year, in spite of the often disappointing outcome.

Making formal resolutions makes people recognize the control they have over their own lives -- and their power and ability to change. It gives them the opportunity to imagine changes they would like to make.

Most New Year's resolutions involve starting or increasing a health-related behavior rather than stopping or decreasing a bad or unhealthy habit. Common resolutions include promises to exercise more, lose weight, eat a healthier diet, make new friends and stop smoking.

In the Eifel region, people are making plans to improve their health and fitness level.

"Next year, I want to double my running distance from 5k to 10k," said Capt. Justin White, 38th Munitions Maintenance Group OIC of plans and programs.

Helping to create a healthy lifestyle, such as increasing endurance, is what the HAWC succeeds in. The HAWC staff offers several programs, like stress management and tobacco cessation, for Team Eifel members.

"My New Year's resolution is to quit smoking," said Mitchel Fosman, a student from Bitburg High School.

Mr. Fosman is participating in the teen tobacco cessation program. His plan allows him to prepare for this challenge and to benefit from the support of professionals and other teens.

Whatever people's New Year's goals are, there are some key factors to consider in order to increase the likelihood of success.

Here are a few tips for a successful fitness resolution:

- ♦ Be confident to make the desired change. Confidence is a big predictor of success.
- ♦ Have a plan that includes realistic and measurable goals.
- ♦ Break the goal down into small, realistic parts. It is important to build on success gradually over time.
- ♦ Reward yourself once short and-long term goals are met. Take time to reward yourself for the hard work. This will increase the likelihood of maintaining the behavior and progress to the next goal.
- ♦ Make the behavior change personally meaningful. It is impossible to sustain change over the long term if the outcome is not important.

♦ Plan to catch yourself early if you relapse into your old habits. Try to be patient. Lifestyle patterns are the most difficult to change. If you fail, try again. Persistence does pay off.

For more information, call the health and wellness center at 452-6995. They have professionals available to help with most health-related behavior changes.

HAWC happenings

The following events take place at the health and wellness center in building 130. Call 452-6995 for more information.

- ♦ Wednesday: body composition improvement program 2, 9 a.m.; Healthy living workshop, 1 p.m.



- ♦ Thursday: Fitness improvement program, 8 a.m.; body composition improvement program 1, 2:30 p.m.; commissary tour at Spangdahlem AB, 9 a.m.

- ♦ Dec. 28: Healthy living workshop, 9 a.m.
- ♦ Dec. 29: BCIP 1, 8 a.m.; FIP, 9:45 a.m.

Sports Briefs

Ice hockey



The Spangdahlem Ice Hockey team edged out a German team from Mainz, 6-5, in a physical battle Dec. 4. The next game is Saturday at 11 a.m. in Zweibrueken against Ramstein Air Base. For details, call Master Sgt. Jeff Barr at 452-7410 or Tech. Sgt. Lane Goodnough at 452-7071.

Congratulations

The 2004/2005 U.S. Air Forces in Europe Bowling Tournament took place Dec. 6-9 at the Vogelweh Annex Bowling Center. The following Team Eifel members were listed as highlight players:

- ♦ **Kenda Smith** bowled a high game of 201 in the women's division and placed second in the women's single competition, knocking down 1,013 pins.
- ♦ **John Schafer** placed second in the men's single competition, knocking down 1,294 pins.

Barons boys basketball

The Bitburg Barons defense held the Supreme Headquarters Allied Powers Europe, Belgium, Spartans to two four-point quarters and clutched 11 out of 15 free throws Dec. 11 in a 46-39 triumph in Mons, Belgium. For more information, visit the Barons basketball Web site at <http://eteamz.active.com/BitburgBasketball/>.

Intramural racketball

The following is a list of the latest standings for intramural racketball as of Dec. 13:

- ♦ 52nd LRS vs. 52nd MOS/52nd MXG, 3-0
- ♦ 52nd CS vs. 52nd MDG, 3-0

Wingman Wednesdays

Team Eifel members are invited to come in with their wingman each Wednesday for circuit training from 3:30-4:30 p.m. on the basketball court in the Skelton Memorial Fitness Center. For details, call 452-6634/6251.

Rome Marathon

Join the Spangdahlem Marathon Team and run 26.2 miles in the upcoming Rome Marathon March 13 in Rome, Italy. Participants must begin training now for the spring run. For more information, call Capt. Jose Rivera at 452-6266 or the fitness center at 452-6634.

Personal training

Take advantage of a special holiday offer at the Spangdahlem AB fitness center. Receive \$5 off each individual training session purchased during the month of January. For details, call Nicole Holt at 0656396-2144 or e-mail her at dnh@usa.com.

Intramural throw-down

Be a part of the Spangdahlem AB New Year's intramural throw-down Jan. 7-9 at 6 p.m. in the Skelton Memorial Fitness Center. The tournament is open to all intramural basketball teams, and the entry fee is \$100. Deadline to register is Jan. 3. For details, call Senior Master Sgt. Johnny Collett at 452-2724, Staff Sgt. Foster Gilbert at 452-6634 or Mark Warner at 452-6634.

Tannenbaum ski club

The Tannenbaum Ski Club meets the first and third Wednesday of each month at 7:30 p.m. at the Landstuhl Combined Club. Sign up for the following upcoming trips: St. Veit #2, Jan. 30 to Feb. 5; Dolomites, Dec. 26 to Jan. 2; Chamonix, Zell Am See, or Crans Montana, Jan. 14-17; Gstaad, Feb. 4-6; Four Valleys, Portes de Soleil, Bad Gastein, Feb. 18-21. Visit their Web site at www.TannenbaumSkiClub.com for details.

